



FAMILY CENTRE ARGYLE
 1990 Royal Crescent, London, Ontario N5Y 1N8
 PHONE: 519-455-2791 FAX: 519-455-0185



November 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
Family Centre Argyle Hours Monday 9:00 - 5:00pm Tuesday 9:00 - 5:00pm Wednesday 9:00 - 6:00pm Thursday 9:00 - 5:00pm Friday 9:00 - 12:00pm				1	1	2	2	3	3
				Family iCook 9:30 to 11:30 TALK-IN Clinic 2:00 to 6:00		Breastfeeding Drop-in 9:00 to 11:00 Breastfeeding Peer Support 12:00-1:00 Baby Fun 130 to 230			
6	6	7	7	8	8	9	9	10	10
	M.A.P.P. 9:30 to 12:00 (Not at Family Centre today) Singing Through the Years 10:00 -11:00 Dearness Home -710 Southdale Road East Smart Start 6:00 to 7:30pm		Cruisers 10:00 to 11:00 TALK-IN Clinic 2:00 to 6:00		Breastfeeding Drop-in 9:00 to 11:00 Breastfeeding Peer Support 12:00-1:00 Baby Fun 130 to 230				
13	13	14	14	15	15	16	16	17	17
	M.A.P.P. 9:30 to 12:00 Healthy Harvests Cooking 1:00 to 3:00 Smart Start 6:00 to 7:30pm		Cruisers 10:00 to 11:00 TALK-IN Clinic 2:00 to 6:00		Breastfeeding Drop-in 9:00 to 11:00 Breastfeeding Peer Support 12:00 to 1:00 Baby Fun 130 to 230		Drop Zone 9:30 to 11:30 Just Beginning 1:30 to 3:00		
20	20	21	21	22	22	23	23	24	24
Family Drop-in 4:30 to 7:00 Evening Breastfeeding Peer Support 6:30-7:30		M.A.P.P. 9:30 to 12:00 Singing Through the Years 10:00 -11:00 Dearness Home -710 Southdale Road East Smart Start 6:00 to 7:30pm		Cruisers 10:00 to 11:00 TALK-IN Clinic 2:00 to 6:00		Breastfeeding Drop-in 9:00 to 11:00 Breastfeeding Peer Support 12:00-1:00 Baby Fun 130 to 230		Just Beginning 1:30 to 3:00	
27	27	28	28	29	29	30	30		
	M.A.P.P. 9:30 to 12:00 Smart Start 6:00 to 7:30pm		TALK-IN Clinic 2:00 to 6:00						

What's Happening...

M.A.P.P. - Mutual Aid Parenting Program- will be held at the East London Library on Tuesday, November 7 instead of at the Family Centre.

Growing Chef's Workshop– Watch for more details about a special cooking workshop that will be offer to school age children between the ages of 7-12 on **Friday, November 17th** in the morning here at the Family Centre.

EARLY YEARS PROGRAMS

Drop In Playgroups– An interactive play based program for children birth to 6 years of age and their parents and caregivers that runs daily.

OEYC Playroom Hours

Monday	12:00 - 4:30pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 -12:00pm



Circle Time Daily at 11:15am Circle time is a great way to help children with language, math and social development. Join us daily for songs, finger plays and stories.

Baby Fun Learn simple songs, rhymes and finger-plays, while your baby enjoys a variety of age appropriate activities. Informal discussions on child development and parenting strategies discussed each week.

Community Drop-in Playgroups 9:30-11:30 Interactive play based programs for children, their parents and caregivers that are offered at various locations throughout the OEYC London-Fanshawe area.

Monday Siloam United Church
1240 Fanshawe Park Rd.

Tuesday Westminster Optimist Centre
650 Osgoode Dr.

Wednesday Summerside Community Church
1447 Commissioners Rd. E

Thursday Westminster Optimist Centre
650 Osgoode Dr.

Friday Stronach Community Centre
1221 Sandford St.

Singing Through the Years- An Intergenerational Music Celebration An interactive, drop-in music program for children 0-6 with their parents or caregivers and the senior residents of the **Dearness Home. Held at 710 Southdale Road at Dearness Home.**

SCHOOL AGE PROGRAMS

"TALK-IN" CLINICS- by Craigwood Youth Services
For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

Family Drop-In An interactive play based program with games, crafts and activities for older children that the whole family can enjoy.

Drop Zone A drop in program for parents/caregivers and their older children. Geared for children 6-12 years of age we will have a variety crafts, games and activities that older children will enjoy.

PARENT PROGRAMS

M.A.P.P. - Mutual Aid Parenting Program- A Drop-in program providing support for parents of children of all ages. MAPP is a self help group where people with a shared concern, worry or experience come together. MAPP parents get help, give help and learn to help each other and themselves.

Healthy Harvest- Veggies and Fruit Cooking Program
A monthly, hands on workshop, for adults, that will cover topics including: Food Safety, Reading Labels, Food & Your Mood, Cooking with Kids and more. Participants will also prepare simple, low cost recipes each month. Offered in partnership with Middlesex-London Health Unit. **Register on line at www.familycentreargyle.eventbrite.com**

REGISTERED WORKSHOP

Register on line at www.OEYCLondon.eventbrite.com

Family iCook An interactive cooking demonstration that introduces new recipes, mainly created from local, seasonal ingredients. Share in the preparation and tasting of simple, easy to make recipes. This session will focus on squash!

Cruisers An interactive program for families with mobile toddlers up to 20 months. Join us for an informal discussion on this exciting developmental stage. Songs, rhymes and finger plays included all while the children are free to do what cruisers do best...move!

Just Beginning This is a 4 week program for first time moms with a baby 0-6 months of age developed in partnership with the Middlesex-London Health Unit. Bring baby to a relaxed and supportive setting, met other new moms, ask questions and share the 'ups' and 'downs' of being a new mom. Talk about babies, how they grow, learn and play. Topics include growth and development, sleep and crying, infant nutrition, safety and community resources.

Family Centre Argyle
your neighbourhood connection



PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!



For more information on what's happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle** Facebook page.